

Thriving in Student Leadership:

How the Thriving Model Can Positively Influence Student Leadership Abilities at the College Level

Purpose

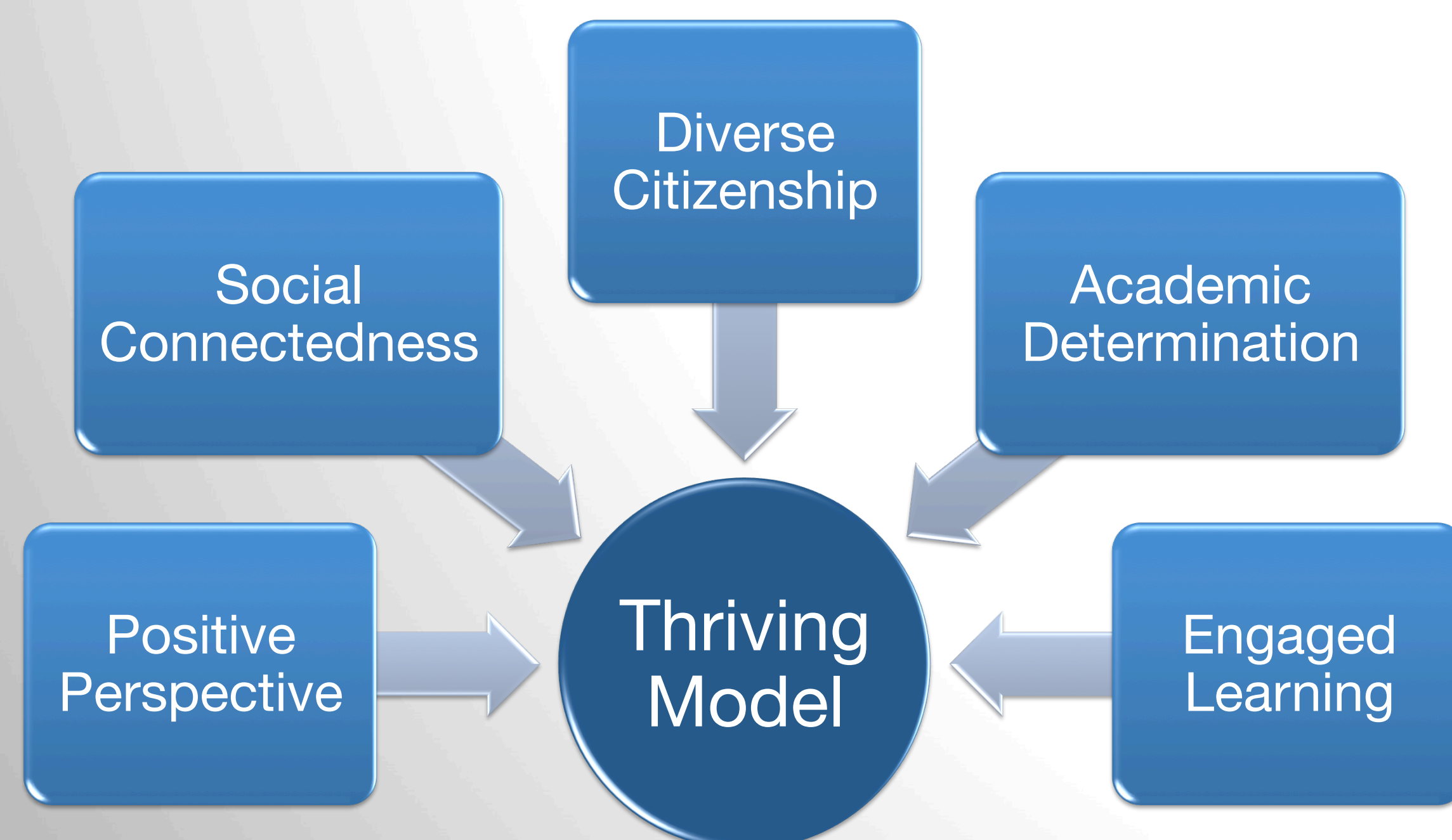
College is a crucial time for growth, as students adjust to a new sense of freedom, new responsibility, and new environments. With these significant adjustments taking place, it is important for students to understand their personal capabilities to be **positive leaders**.

While many factors contribute to leadership development in post-secondary education, the theory of positive psychology, specifically the **Thriving Model**, has the power to assist in creating a positive environment and strengthening leadership. The Thriving Model can be used to understand how **intentionally using positivity** reaps personal benefits and group success.

With any leadership experience, organizations or leaders will inevitably face challenges. This leadership guide aims to assist college student leaders with overcoming **10 identified challenges** by applying strategies within the **Thriving Model** of positive psychology. This guide will provide insight for students to strengthen their leadership potential and the success of the organizations with whom they interact.

Note: Please see supplemental materials for references.

Thriving Model



Student Leadership Challenges

